



PSORIASIS

COEXISTENCE OF THREE AUTOIMMUNE DISEASES: THERAPEUTIC APPROACH IN A FILIPINO ADULT WOMAN

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Background: Literature suggests common genetic associations across a variety of autoimmune disorders. However, their coexistence is rarely reported. We report a case of a woman who has systemic lupus erythematosus (SLE), antiphospholipid antibody syndrome (APS), and psoriasis. Management of the patient proves to be challenging, as these three diseases have conflicting management strategies.

Observation: A 27-year-old woman developed multiple erythematous papules and plaques topped with silvery white scales on the upper back, chest, and extremities of five months duration. At age 13, she was diagnosed to have SLE based on cutaneous lesions, joint pains, histopathology and serologic tests. Therapy entailed high dose oral prednisone followed by hydroxychloroquine sulfate. At age 25, she suffered from sudden vision loss of the right eye due to occlusion of the retinal vessels. Lupus anticoagulant test was positive, hence she was diagnosed to have APS. At age 27, skin biopsy of the new cutaneous lesions revealed findings consistent with psoriasis vulgaris. Medical management included low-dose prednisone, warfarin, and topical corticosteroids. After two weeks on topical corticosteroids, the cutaneous lesions have greatly improved.

Key Message: We report a case of an adult with co-existence of three autoimmune diseases. Good clinical judgement and adequate knowledge of all disease entities are necessary to establish the diagnoses and to have a definitive therapeutic approach.

